

## CONVERSATIONS WITH PREKESE GHANAMEDIA AND YAA MEGYEWBOY- NYONKOPA BUFFET"

[Ads by Google](#) [Ghana](#) [Love Quotes](#) [News in Ghana](#) [Mass Media](#)

Greetings Friends and Fans,



Another week is with us and we are very happy to welcome you to our "Ekura" ( Village) and to our "Mukaase" ( Kitchen) to share with you the special menu we have for you called "NYONKOPA BUFFET". Amanfo to borrow the words of Ghana's popular Television, Food Channel programme, we say "Edziban a, Dzi Dzi". Today's Inspiration is based on what we call in Akan language as NYONKOPA.....( True Friendship). What is Friendship to you? Who is a True Friend? What are the expectations in True Friendships? Who do you consider to be a True Friend? On Facebook, what is your benchmarks for True Friendship? What is your Turn Off point that would lead you to UNFRIEND someone? Well, readers, we are happy to share this "buffet" ( All You Can Eat) below with you. Our goal is inspire you to reflect on these to enable you choose your friends on any social network, life or anywhere carefully.

Yesterday in far away New York City, our International Correspondence had a conversation with two important Diaspora Ghanaian elders, Agya and Nana Appiah, a close relative of General Afrifa. They shared with him the nostalgia that it brings when they remember the glorious old days. They mentioned about how friendship was valued in the olden days because communication was really personal than today's digital age. They also shared a success stories of many Diaspora Ghanaians who helped their friends to relocate and for them to realise the America Dream. They again shared not so complimentary stories of those who got their dreams cut short because of someone's jealousy; reporting them to the Immigration authorities leading to their deportation. With the above ingredients in the meal, we believe that you, the reader is reader to begin the meal with us. Sometimes people come into our lives and we know right away that they were meant to be there, to serve some sort of purpose, teach us a lesson, or to help us figure out who we are or to help us reach our life dream. It is not easy for us to predict accurately who these people may be – a school mate , a neighbour, a teacher, a friend, a lover, or even a complete stranger – but when we lock eyes with them, we know at that very moment they will affect our lives in some profound way.

Sometimes things happen to us that may seem horrible, painful, and unfair at first, but in reflection we find that without overcoming those obstacles we would have never realized our potentials, strength, will-power and creative skills we have. Diseases, injury, love, lost moments of true greatness, and sheer stupidity all occur to test the limits of our souls. Without these small tests, whatever they may be, life would be like a smoothly paved straight flat road to nowhere. It would be safe and comfortable, but dull and utterly pointless. The people we meet who affect our lives, and the success and downfalls we experience, help to create who we are and who you become. Even the bad experiences like the New York Immigration Story can be learned from, for our elders say "It is only the fool who never learns from experience".

If someone loves you, give love back to them in whatever way you can, not only because they love you, but because in a way, they are teaching you to love and how to open your heart and eyes to things.

If someone hurts you, betrays you, or breaks your heart, forgive them if you can after all logic considered, for they have helped you learn about trust and the importance of being cautious to whom you open your heart.

Make every day count. Appreciate every moment and take from those moments everything that you possibly can for you may never be able to experience it again.

Talk to people that you have never talked to before, and listen to what they have to say. Let yourself fall in love, break free, and set your sights high.

Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, it will be hard for others to believe in you.

You can make anything you wish of your life. Create your own life and then go out and live it with absolutely no regrets. And if you love someone tell them, for you never know what tomorrow may have in store.

Learn a lesson in life each day that you live! Today is the tomorrow you were worried about yesterday. Think About it? Was it worth it?

Thanks to you for being our guest today and to share our NYONKOPA dish with you and dont forget to ADD your own SPICE ( prayers ) in it to taste good. Please share the recipe with your friends and Have a Prosperous Super Day Today.

Happy Birthday to all our friends celebrating their earthday today:

(Y.M) Yaa MEGYEWBOY and (PGM) PREKESE GhanaMedia.

[Send](#)

### **2012 GRE Not Required**

Search Accredited Graduate Schools. Without a GRE Requirement - Apply!

[MastersCampusCorner.com](http://MastersCampusCorner.com)

### **Accra Flight Deals \$984**

Discount Fares to Ghana. Book Now and Save Big!

[www.BT-Store.com](http://www.BT-Store.com)

### **Still Working & Committed**

BP is Still Committed to Restoring the Gulf. Follow the Progress.

[BP.com](http://BP.com)

### **Volunteer In Africa 2013**

Volunteer 1-12 Weeks in Africa. Request Brochure & Info Here.

[CrossCulturalSolutions.org/Africa](http://CrossCulturalSolutions.org/Africa)

AdChoices ▶

[+ Share / Save](#)

## Comment Using FaceBook

1 comments

Powered by [Facebook Comments](#)

Related Stories:

1. INTRODUCING Conversations With PREKESE GhanaMedia
2. CONVERSATIONS WITH PREKESE GHANAMEDIA- Today is Tuesday and Our Verb is.....TRY
3. CONVERSATIONS WITH PREKESE GHANAMEDIA- Today is Wednesday and the Verb is.....
4. CONVERSATIONS WITH PREKESE GHANAMEDIA- Today is Thursday, and our Verb for the Day is.....
5. CONVERSATIONS WITH PREKESE GHANAMEDIA-Today Is Friday and the Verb is.....
6. CONVERSATIONS WITH PREKESE GHANAMEDIA- Today is Saturday and Our Verb is.....

[Edit This Post](#)

## Comments

[Login](#)

There are no comments posted yet. [Be the first one!](#)

## Post a new comment

Enter text right here!

Comment as a Guest, or login:

Name

*Displayed next to your comments.*

Email

*Not displayed publicly.*

Website (optional)

*If you have a website, link to it here.*

Subscribe to None

[Submit Comment](#)